

# Positive Self-Talk

*"Being positive or negative are habits of thoughts that have a very strong influence on life"*  
— Remez Sasson

## Dear Parents and Guardians,

We've chosen a unique, but very important, topic for our students this month - positive self-talk. In today's world, both children and adults are bombarded with negative energy, which can cause people to talk about themselves in less than positive terms. This is why we will discuss having positive thoughts. Below are a few tips to reinforce this important skill with your children at home:

- 1) Say, "Stop!" out loud if you hear yourself thinking negative thoughts about yourself.
- 2) Try to avoid self-limiting statements such as, "I can't," or "This is impossible."
- 3) Use positive affirmations.
- 4) Focus on positive moments in life, rather than the negative ones.

It's important to truly focus on the positive. We're not saying to disregard the negative or to act as if it doesn't exist; simply make sure you balance the negative with good thoughts such as gratitude. You'll find this actually takes a little practice but it can be done. Here are a few items you can talk to your children about to make this more successful:

- 1) Encourage them to think good thoughts.
- 2) Ask them to share their negative thoughts with you, so you can help them with these feelings.
- 3) Don't keep nice thoughts and kind words to yourself; share them with others.

Our school is dedicated to you and your children's success. Please let us know if we can help you in any way, including ways to develop a positive self image.

August  
2011

Theme  
of the  
Month

**This month our  
weekly lessons  
will cover:**

### **Week One:**

*"The positive thinker sees the invisible, feels the intangible, and achieves the impossible."*

— Unknown

### **Week Two:**

*"Once you replace negative thoughts with positive ones, you'll start having positive results."*

— Willie Nelson

### **Week Three:**

*"Instead of thinking about what you're missing, try thinking about what you have that everyone else is missing."*

— Unknown

### **Week Four:**

*"When you say, 'I can,' and expect success, you fill yourself with confidence and happiness."*

— Remez Sasson

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